



News Release

For Immediate Release
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2002 Winter Games Legacy Honors Colleges, Companies and Communities *A Healthier You 2002™ Continues in '06 With Awards Program*

(Salt Lake City, UT) – Utah’s healthiest cities, schools and businesses have been awarded gold, silver and bronze for their commitment to creating healthy environments. In the months prior to the 2002 Olympic Winter Games, the Utah Department of Health (UDOH) and Salt Lake Olympic Organizing Committee developed the A Healthier You 2002™ program, using the Games as motivation for personal health and fitness.

Today, as the 2006 Winter Games are underway in Italy, the UDOH is announcing winners of the most recent Healthier You Legacy Awards. Healthy Worksite Gold Plus Winners include businesses like BD Medical, Fairchild Semiconductor, Novell and Pepperidge Farm. In all, 45 businesses were honored with Legacy awards in 2005.

“To win gold, businesses must have policies and work environments that support healthy lifestyles,” said Ashley Argyle of the UDOH Utah Council for Worksite Health Promotion. “For example, winners have amenities like on-site fitness centers, healthy cafeteria choices and regular health fairs,” she said. “And they must make those programs available to all employees and their spouses.”

"Employee health and wellness has always been a top priority for our company," said Robert Furbee, Senior Vice President of Operations, Pepperidge Farm. "By regularly giving employees information and assistance to achieve their own best health, our Richmond, Utah plant has not only increased individual wellness but improved productivity and cost management as well," Furbee said.

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In the Healthy Community category, 2005 winners were Hyde Park in Cache County and Provo City in Utah County.

“Communities must meet several health and safety criteria to earn an award,” said Connie Kitchens, A Healthier You™ Community Coordinator, UDOH. “Hyde Park won gold for designating a walking trail at a local park and making smoking illegal at all city-owned recreational areas, while Provo City officials launched a fitness program called Step-Up Provo and added a network of trails to Big Springs Park.”

The Healthy Campus Award recognizes colleges and universities that protect, promote and improve the health and well being of students through science-based environmental and behavioral change strategies. The 2005 winner was Utah State University in Logan. The school displays nutrition information at campus eateries, strictly enforces laws prohibiting smoking with 25 feet of public buildings, and requires all sidewalks to be cleared of snow and vegetation for safety purposes.

The Healthier You Legacy Awards program is open to all communities, campuses and worksites in Utah. More information is available on the Web at <http://health.utah.gov/ahy> or call Connie Kitchens at 801-538-8291.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.